

PRODUCT	Processor	Calories	Fat gms	Sat. Fat gms	Sodium Mgs.
Delicious Apples (Fresh) 163 ct. (1)	MARKON	32.00	0.00	0.00	1
Applesauce Cups 96 ct. 1/2 cup	USDA DETERMINED	51.00	0.00	0.00	2.00
apple slices (1/2 cup)	USDA DETERMINED	50.00	0.00	0.00	10.00
Blueberries (frozen) (1/2 cup)	USDA DETERMINED	40.00	1.00	0.00	1.00
Bananas /petite/150 ct. (1)	DOLE	90.00	0.00	0.00	1.00
cantaloupe 15 ct/(1/2 cup)	MARKON	52.00	0.00	0.00	24.00
Grapes (Red Lunch Bunch) 1/2cup	MARKON	90.00	0.00	0.00	15.00
Mixed Fruit (Extra Light Syrup) 1/2 cup	USDA DETERMINED	60.00	0.00	0.00	5.00
Orange Juice /70 4oz servings (1)	USDA DETERMINED	61.00	0.00	0.00	2.00
Oranges (Fresh) 138ct (1)	USDA DETERMINED	43.00	0.00	0.00	0.00
Orange Mandarin / Light Syrup	USDA DETERMINED	80.00	0.00	0.00	15.00
Kiwi (Fresh) 1/2 cup	PACKER	50.00	0.00	0.00	0.00
Peaches Sliced /Light Syrup 1/2 cup	USDA DETERMINED	60.00	0.00	0.00	10.00
Pears / Light Syrup 1/2 cup	USDA DETERMINED	60.00	0.00	0.00	5.00
Pears / (Fresh) (1)	USDA DETERMINED	44.00	0.00	0.00	1
Raisins /1.33 box =1/2 cup 144 servings	USDA DETERMINED	114.00	0.00	0.00	4
Strawberries / (Fresh) 1/2 cup	MARKON	50.00	0.00	0.00	0
Strawberries/ Frozen (96 1/2 cup) Diced	USDA DETERMINED	90.00	0.00	0.00	0
Pineapple (chunk) canned 1/2 cup	BHARVEST	80.00	0.00	0.00	0
Apple Juice 72/4oz	SUNCUP	67.00	0.00	0.00	5
Grape Juice 72/4oz	SUNCUP	80.00	0.00	0.00	10
Fruit Juice 72/4oz	SUNCUP	68.00	0.00	0.00	15
Watermelon Fresh 1/2 cup	PACKER	22.90	0.11	0.01	7
Applesauce Canned 1/2 cup	USDA DETERMINED	51.00	0.00	0.00	2
Apricots Canned 1/2 cup light syrup		60.00	0.00	0.00	10
Frozen Juice cups Sorbet	J&J SNACKS	70.00	5.00	0.00	0
VEGETABLES					
Beans Refried 1/2 cup	USDA DETERMINED	110.00	0.00	0.00	140
Beans Red Kidney Canned 1/2 cup	USDA DETERMINED	104.00	0.00	0.00	140
Beans Vegetarian Canned 1/2 cup (k-8)	USDA DETERMINED	110.00	0.00	0.00	140
Beans VegetarianCanned 3/4 cuo (9-12)	USDA DETERMINED	165.00	0.00	0.00	210
Beans Green Canned 1/2 cup (k-8)	USDA DETERMINED	16.00	0.00	0.00	140
Beans Green Canned 3/4 cup (9-12)	USDA DETERMINED	24.00	0.00	0.00	210
Beans Green Frozen 1/2 cup (k-8)	USDA DETERMINED	19.00	0.00	0.00	1
Beans Green Frozen 3/4 cup (9-12)	USDA DETERMINED	29.00	0.00	0.00	2

Baby Peeled Caroteenie Fresh Bagged (1)	MARKON	19.00	0.00	0.00	16
Baby Peeled Carrots Fresh 3/4 cup	MARKON	40.00	0.14	0.02	0
Broccoli Raw Fresh 1/2 cup	MARKON	14.96	0.16	0.02	14
Broccoli Frozen Cooked 1/2 cup (k-8)	BHARVEST	26.00	0.00	0.00	22
Broccoli Frozen Cooked 3/4 cup (9-12)	BHARVEST	39.00	0.00	0.00	33
Carrots Sliced Frozen 1/2 cup (k-8)	USDA DETERMINED	27.00	1.00	0.00	43
Carrots Sliced Frozen 3/4 cup (9-12)	USDA DETERMINED	41.00	1.50	0.00	65
Celery Sticks Raw 3/4 cup	PACKER	5.80	0.06	0.02	28
Celery and Carrots Sticks Raw 3/4 cup	PACKER/MARKON	26.85	0.2	0.03	72
Corn Whole Kernal Frozen 1/2 cup (K-8)	USDA DETERMINED	67	1	0.00	1
Corn Whole Kernal Frozen 3/4 cup (9-12)	USDA DETERMINED	101	1.5	0.00	2
Corn Whole Kernal Canned 1/2 cup (K-8)	USDA DETERMINED	65	1	0.00	15
Corn Whole Kernal Canned 3/4 cup (9-12)	USDA DETERMINED	98	1.5	0.00	22
Peas, Green Frozen 1/2 cup (K-8)	USDA DETERMINED	62	0	0.00	58
Potatoes Russet (Fresh) (1)	USDA DETERMINED	168	0	0.00	24
Potato Wedges, Frozen 1/2 cup (K-8)	USDA DETERMINED	102	3	1.00	100
Potato Wedges , Frozen 3/4 cup (9-12)	USDA DETERMINED	153	4.5	1.50	150
Salsa, Canned 1/2 cuo (K-8)	USDA DETERMINED	40	0	0.00	210
Sweet Potatoes Canned L/Syruo 1/2 cup (K-8)	USDA DETERMINED	103	0	0.00	31
Sweet Potatoes Canned L/Syrup3/4 cup (9-12)	USDA DETERMINED	155	0	0.00	47
Sweet Potao Fries 3oz. (k-8)	SIMPLOT	140	0	1.00	135
Sweet Potato Freies 6oz. (9-12)	SIMPLOT	240	0	2.00	270
Asparagus Frozen 1/2 cup (K-8)	BHARVEST	40	0	0.00	10
Asparagus Frozen 3/4 cup (9-12)	BHARVEST	60	0	0.00	12
Brussel Sprouts Frozen 1/2 cup (K-8)	BHARVEST	23	0	0.00	7
Brussel Sprouts Frozen 3/4 (9-12)	BHARVEST	45	0	0.00	15
Cauliflower Frozen 3oz. (K-8)	BHARVEST	25	0	0.00	25
Cauliflower Frozen 6oz (9-12)	BHARVEST	50	0	0.00	50
Cauliflower Fresh 3oz.	MARKON	20	0	0.00	27
Cucumbers Raw 1/2 cup sliced	GD ROOT	7.8	0.06	0.02	0
Lettuce/tomato Topping (1/2 cup)	GDROOT/MARKON	9.7	0.17	1.50	5
Tomato Roma 1cup	GDROOT	9	0	0.00	9
Spinach Fresh (1 cup)	DOLE	10	0	0.00	50
Romain Lettuce Fresh (1 cup)	MARKON	30	0	0.00	20
Mashed Potatoe 1/2 cup k-12	BHARVEST	36	0	0.10	66
Romaine Lettuce Shredded (3oz)	MARKON	15	0	0.00	10
Squash,Butternut 1/2 cup (K-8)	PACKER	40	0	0.00	2
Squash, Butternut 3/4 cup (9-12)	PACKER	60	0	0.00	2
Vegetable Blend 1/2 cup (K-8)	BHARVEST	70	0	0.00	25
Vegetable Blend 3/4 cup (9-12)	BHARVEST	140	0	0.00	50
Spaghetti Sauce 1/2 cup	USDA DETERMINED	80	0	1.00	125
Hash Brown Potato Triangle	ORIEDA	100	0	0.50	200

Hash Brown Patty (1)	SIMPLOT	120	0	1.00	250
Potato Smiles (3)	MCCAIN	160	0	1.00	230
Whole Potato Canned 3/4 cup k-12	BHARVEST	70	0	0.00	280
Sauerkraut 2 TBSP.	BHARVEST	5	200	0.00	0
MEATS/ENTREE					
Chicken Nuggets, Whole Grain (K-8) (4)	GOLD KIST FARMS	260	14	3.00	350
Chicken Nuggets, Whole Grain (9-12) (5)	GOLD KIST FARMS	325	18	3.75	438
Chicken Popcorn Whole Grain (10) pc.	GOLD KIST FARMS	280	16	3.00	490
Chicken Patty Whole Grain (1)	GOLD KIST FARMS	254	14	3.00	321
Chicken Nuggets, Whole Grain(K-8) (4)	BRAKEBUSH	240	14	3.50	340
Chicken Nuggets Whole Grain ((9-12) (5)	BRAKEBUSH	300	18	4.38	425
Pork Patty Rib Shaped	ADVANCE FOODS	160	3.5	0.00	390
Pork Patty Rib Shaped	GORGES	160	3	0.00	210
Corn Dogs W/G Mini (K-8) (5)	CARNIVAL	225	0	1.88	315
Corn Dogs W/G (9-12) (6)	CARNIVAL	270	0	2.26	378
Fish Patty	HIDDEN BAY	180	0	1.00	240
Hot Dog	PRAIRIE CREEK	180	0	5.00	570
Bratwurst	KLEMENTS	220	0	6.00	850
Burrito	SAN PABLO	280	0	4.00	470
Popcorn Shrimp 3oz. (k-12)	Hidden Bay	220	0	0.50	300
Pizza Southwest W/G	THE MAX	280	0	3.00	730
Chicken Strips Frozen (2)	USDA DETERMINED	84	2	0.00	176
Pizza Cheese W/W	NARDONE	310	0	6.00	360
Pizza Cheese Round	NARDONE	330	0	7.00	680
Pizza Sausage W/W Wedge	NARDONE	350	0	7.00	580
Cheese Quesadilla	THE MAX	330	0	3.50	830
French Toast Sticks (3)	USDA DETERMINED	150	0	1.00	270
Sausage Links (2)	JONES FARM	100	0	3.00	170
Sausage Links (2)	PRAIRIE CREEK	300	0	10.00	350
Sausage Patty	JONES FARM	230	0	8.00	370
BREADS/GRAINS					
Hotdog bun	SARA LEE	160	0	0.00	200
Hamburger bun	SARA LEE	160	0	0.00	270
Hoagie Bun	ROTELLA	170	0	0.00	320
Sliced Bread White W/G	SARA LEE	80	0	0.00	95
Corn Bread (1)	SARA LEE	210	0.2	2	260
Zuccunni Bread	GOODYMAN	270	0	2	220
Whole Grain Biscuit	BAKER BOY	120	0	3	190

Whole Grain Tortilla Chip 1oz.	BARREL OF FUN	140	0	1	105
Whole Grain Corn Chips	BARREL OF FUN	170	0	1.5	180
W/G Taco Shells soft (2)	CATALLIA	140	0	1	210
W/G Taco Shells Hard (2)	SAN PABLO	100	0.01	0	0
W/G Shell for Wrap 1/2 shell	TYSON FOODS	155	0	1.2	415
Sliced Bread Whole Wheat	SARA LEE	90	0	0	150
French Bread (1) K-8	ROTELLA	80	0	0	155
French Bread(2) 9-12	ROTELLA	160	0	0	310
CONDIMENTS					
Ketchup 1Tbsp.	HEINZ	20	0	0	160
Mustard	KATYS KITCHEN	5.5	0	0	66
Salad Dressing 1TBSP.	KATYS KITCHEN	40	0	1	130
Pickles Sliced 7/slices	KATYS KITCHEN	0	0	0	370
Pickle Relish 1 TBSP.	KATYS KITCHEN	20	0	0	80
BBQ Sauce (1)	CULINARY SECRETS	15	0	0	150
Ranch Dressing Dip Cup	CULINARY SECRETS	180	0	3.5	410
Ranch Dressing (2TBSP.)	KATY KITCHEN	150	0	3	170
Ranch Dressing Fat Free	MARZETTI	35	0	0	480
Mayo Packets	HEINZE	10	0	0	100
Mustard Packets	CULINARY SECRETS	5	0	0	55
Ketchup Packets (1).	CULINARY SECRETS	10	0	0	85
Red Ranch Dressing (2 TBSP.)	CULINARY SECRETS	110	0	1	290
Red Ranch Dressing Fat Free					
Peanut Butter 2Tbsp.	USDA DETERMINED	200	3	0	160
Taco Sauce Packet	CULINARY SECRETS	5	0	0	115
Tartar Sauce	KRAFT	25	0	0	85
DAIRY PRODUCTS					
1 %Low Fat White Milk	PRAIRIE FARMS	100	1.5	0	120

Fat Free Chocolate Milk	PRAIRIE FARMS	110	0	0	180
Fat Free Strawberry Milk	PRAIRIE FARMS	120	0	0	120
Cottage Cheese 6 oz.	PRAIRIE FARMS	90	0	1.5	440
Yougurt 6oz.	KEMPS	144	0	0	96
Sour Cream (2TBSP,)	PRAIRIE FARMS	60	0	3.5	50
Hard Boiled Eggs (2)	SILVERBROOK	320	0	7	250
Alfredo Sauce 2oz.	LAND O LAKES	120	0	6	420
SANDWICHES					
Hot Ham and Cheese	USDA DETERMINED	314	10	5.5	1014
Ham Sub W/Cheese	USDA DETERMINED	314	944	5	10
Ham Sub w/hoagie	USDA DETERMINED	324	1064	5	10
Grilled Cheese	USDA DETERMINED	320	12	7	750
Tuna Salad	USDA DETERMINED				
Egg Salad	USDA DETERMINED				
Ham and Cheese Deli Sandwich	USDA DETERMINED				
Turkey and Cheese Deli Sandwich	USDA DETERMINED				
Turkey Sub	USDA DETERMINED				
Turkey Sub w/hoagie	USDA DETERMINED				
Chicken Wrap 1/3 cup	MRS GERRYS	355	0	3.7	835
Aug. Potato/w Diced ham	USDA/BH	240	1	0	1200
Chili with Beans (1 cup)	COBBLESTREET MARKET	280	980	4.5	0
Meatballs (5) .52 oz	USDA DETERMINED	128	307	2	0
Sloppy Joes 2oz PES	USDA RECIPE	250	341	10	0

Sloppy Joes 3oz PHS	USDA RECIPE	375	512	15	0
MISC:					
Spaghetti W/G 1/2 cup	USDA DETERMINED	87	0	0	2
Rotini W/G 1/2 cuo	USDA DETERMINED	87	0	0	2
W/G Rice 1/2 cup	RICELAND	80	0	0	0
Maple Syrup (1)	SMUCKERS	110	0	0	20
Tomato Soup 1/2 cup	CAMPBELLS	90	0	0	480
Cream of Potato Soup	CAMPBELLS	80	0	1	590
Chicken Noodle Soup 1/2 cup	CAMPBELLS	60	0	0.5	850
Chocolate Chip Cookies	BESTMAID	100	0	1	110
Saltine Crackers (2)	COBBLESTREET MARKET	50	160	1	0
Alfredo Sauce	LAND O LAKES	120	420	6	0
Thanksgiving Dinner					
Turkey 3oz	USDA	57	0	1	194
Mashed potato	BHARVEST	36	1	0	66
Dressing	KATYS KITCHEN	900	200	0	0
Gravy	KATIES KITCHEN	50	820	0	0
Sweet Potato 1/2 cup K-8	BHARVEST	103	0	0	33
Sweet Potato 3/4 cup 9-12	BHARVEST	155	0	0	47
Fruit Jello 1/2 cup k-12	PHS RECIPE	220	185	0	0
BREAKFAST					
Cereal Trix	GENERAL MILLS	110	0	0	140
Cereal Multi Pac	GENERAL MILLS	90	0	0	115
Cereal Lucky Charms	GENERAL MILLS	110	0	0	180
Cereal Golden Graham	GENERAL MILLS	100	0	0	220
Cereal Fruit Loops	GENERAL MILLS	110	0	0	170
Cereal Frosted flakes	KELLOGS	100	0	0	140

Cereal Cocoa Puffs	GENERAL MILLS	110	0	0	120
Cereal Cheerios	GENERAL MILLS	100	0.5	0	140
Mini Cinammon Roll	GENERAL MILLS	240	2	0	300
Mini Pancakes Strawberry	GENERAL MILLS				
Mini Mini Maple	GENERAL MILLS	230	0.5	0	150
Pancake Wrap	FOSTER FARMS	200	2.5	0	310
Strudel Bagel Cherry					
Strudel Bagel Apple					
Breakfast Bar Banana	J&J Snacks	280	3	0	220
Breakfast Pizza	SCHWANS	210	2	0	480
Breakfast Pizza Egg	NARDONE BROTHERS	190	2	0	300
Cheese Sauce	KATYS KITCHEN	70	2	0	450
Pretzel	J&J SNACKS	140	0.5	0	150
SNACK FOODS					
Cool Ranch Chips	PEPSI-COLA		0	0	160
Cheez-it Snacks	KELLOGS	210	2.5	0	320
Giant Goldfish	PEPPERIDGE FARMS	120	1	0	135
Ritz-Bitz Peanut Butter	NABISCO	140	210	1.5	0
Fruit by the foot	GENERAL MILLS	80	0.5	0	35
Fruit mix in fruit	DOLE	60	0	0	0
Friut Snacks	BRACHS				

Fruit Gusher	GENERAL MILLS	90	0	0	45
Strawberry Poptart	KELLOGS	180	1	0	180
Butterscotch Oatmeal Bar	GENERAL MILLS	150	1.5	0	120
Spicy Chili Tortilla Chips	PEPSICO	130	0.5	0	180
Cheddar Multigrain Harvest Chips	PEPSICO				210
Cheddar Goldfish	PEPPERIDGE FARMS	100	0.5	0	170
Chocolate Chip cookie wM/M	BEST MAID	100	1	0	115
Chocolate Chip cookie Plain	BEST MAID	100	1	0	110
SNACK DRINKS					
Berry Splash	CAMPBELLS SOUP CO.	70	0	0	15
Tropical Splash	CAMPBELLS SOUP CO.	70	0	0	15
Naked Juice/ Banana Strawberry	PEPSICO	160	0	0	5
Naked Juice/ Berry Blast	PEPSICO	160	0	0	10
Salad Bar					
20z. TUNA W/12GR. Of FF MAYO	HEINZE/HIDDEN BAY	70	330	0	0
Diced Chicken					